

YOUR Teen and Alcohol Do YOU Really Know?

FREE Maine Parents' Kit to help keep your teen safe

The Maine Office of Substance Abuse has created a free guide to help Maine parents monitor and prevent alcohol use by their teen. Topics include:

Monitor Your Teen — *parenting strategies for prevention*

Signs To Watch For — *recognize signs of teen drinking*

Maine Facts — *teen alcohol use in Maine*

Talk With Your Teen — *how to listen and talk with your teen*

The Medical Impact — *why delaying drinking is important*

Maine Resources for Parents — *where you can find help*

Maine Law — *facts about Maine's underage drinking laws*

Community Involvement — *how you can fight underage drinking*

Self-assessment — *what messages do you send to your teen about alcohol*

Get your **FREE Maine Parents' Kit Today**

Download at www.MaineParents.net or call 800-499-0027

OSA MAINE OFFICE OF SUBSTANCE ABUSE

Providing Leadership in Substance Abuse Prevention, Intervention and Treatment

